

# The Little Hedonist

## Recipe Card

### Crusty Amasi bread

Preparation time: +- 4 hours, including rising and resting

Yields: 3 loaves

#### Ingredients:

2 cups lukewarm water  
1 1/3 cups Fair Cape Dairies amasi  
1 tbsp instant yeast  
1 tbsp coarse salt  
1 1/2 tablespoons sugar (I used demerara sugar)  
6 cups bread flour  
melted butter

#### Directions:

Combine the water, amasi, sugar, salt and yeast in a large bowl.

Add the bread flour and mix thoroughly using a wooden spoon, until you have a lump-free dough.

Cover the bowl with a damp cloth and leave it in a warm spot to double in size – this should take about two hours.

Cut off the desired amount of dough. Dust a portion of the dough with flour and then very lightly knead it and shape it into something resembling an elongated ball.

#### Directions (cont.):

Cover with a kitchen towel or plastic wrap and leave the dough to rest for another hour.

Preheat the oven to 180°C and put the rack in the centre of the oven.

Line a baking tray with baking paper and place the dough onto the paper and lightly brush the top of the dough with melted butter.

Bake for 45 minutes or until the bread is golden brown. Leave to cool before slicing.

[www.thelittlehedonist.co.za](http://www.thelittlehedonist.co.za)

